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Summer 2005



Zero Waste Day

On Saturday, May 7, North Andover residents participated in the first annual Zero Waste Day. Even a spring nor'easter did not keep people away. This event, at Andover's Brickstone Square, linked service organizations with usable goods they can utilize, but which were no longer needed by the donating residents and businesses.

Service and charitable organizations taking part included Lazarus House, the St. Vincent de Paul Society, the MSPCA, the Lowell Wish Project, Bikes not Bombs, the Building Materials Resource Center, and Community Book Solutions. Donated items ranged from clothing, baby items, household items, toys, books, CDs, videos, linens, towels, and bicycles to surplus building supplies.

About 50 slicker-clad volunteers from the Andover and North Andover Rotary Clubs, Andover High and Phillips Academy Environmental Clubs, South Church, and North Parish braved the wind-swept rain.

There were eight charities that received at least 50 boxes of books, several dozen bikes, 10 bags of sneakers, five van-loads of baby items, a van-load of linens for animal bedding and wiping cloths, household furnishings, and building materials. The charities all went home very pleased with their booty. The homeowners were equally glad to part with their excess goods. Everybody won!

To help promote this event, school children were invited to submit posters or essays with "reuse" or "recycling" themes. These entries were judged by a panel of residents and Tim Wacker, environmental reporter for the *Eagle-Tribune*. (See below for contest results.)

Our thanks to all the organizations, students, volunteers, residents, and businesses that took part in this first annual Zero Waste Day. Thanks to all of your efforts, we were able to keep many tons of usable materials from being unnecessarily disposed!

WOW!

The great expectations of the NASWAC members were so VERY far exceeded by the schoolchildren of North Andover with their entries in our essay/poster contest this spring! The Recycling Committee is very proud of the amazing effort of each and every participant!

Wonderful, inventive essays and artwork covered issues from second-hand smoke in public places to creative uses for old tires, sneakers, and bikes, along with the usual recycling of paper, plastic, glass, plus remedies for pollution of our air and water.

We received 129 essays and 49 posters from pre-school to eleventh grade students—the breadth of issues discussed and drawn was marvelous. If the passion and commitment demonstrated by these young citizens is any indication of the future of this old globe, it is in capable hands!

These students deserve adult encouragement with all they are working to accomplish! Our world needs their PASSION!

Essay Winners

These essay winners had a choice of \$100 gift certificates:

- Emily Pangione, 5th grade, Sargent School
- Brooke Alexandra Sheridan, 6th grade, North Andover Middle School
- Elaina Repucci, 10th grade, North Andover High School

Poster Winners

There were three winners per grade grouping in the poster contest, and they won \$50, \$30, and \$20 cash prizes.

Kindergarten and 1st grade category:

- 1st place: Corissa Hollenbeck, 1st grade, Kittredge School
- 2nd place: Leland Goodman, Kindergarten, St. Michael's
- 3rd place: Kyle Salois, 1st grade, St. Michael's

2nd and 3rd grade category:

- 1st place: Kaitlyn Dolan, 3rd grade, St. Michael's
- 2nd place: Liam Rich, 3rd grade, St. Michael's
- 3rd place: Samantha Rodrigues, 3rd grade, Sargent

We are working to get a selection of posters and essays on the "School News" page of the website and on the cable station. Are they there yet? Take a look!

"It's Working, North Andover" Update

Here's more evidence that our attention to trash and recycling is working. In the month of February, the first month after eliminating visible recyclables from the trash, our trash tonnage decreased by 103 tons when compared to February of last year, and our recycling tonnage increased by 60 tons. And this good news did not stop with February—March trash tonnage was down 100 tons and April was down

167 tons!

For the month of February, are you wondering what happened to the other 40 tons? There is plenty of data to suggest that increased reuse, either within your own home or in the form of donating usable items, is playing a very important part. Visit our website for a list of organizations that need your stuff, and keep up the good work!

Kittredge and Sargent step up to recycle

This spring, NASWAC school liaison Joanne Parrill helped Kittredge and Sargent elementary schools join Franklin School in the town plastics recycling program. Work is in progress to implement this program at Atkinson and Thomson, which will bring all of North Andover's elementary schools onboard for plastics recycling.

Thanks to the efforts of parent Beth Carlson, Principal Nancy Jukins, and fifth-grade student-volunteers, Kittredge collects empty water bottles, milk bottles, and soda cans in recycling bins in the cafeteria. North Andover DPW picks up the drink containers, along with recyclable paper waste, directly from the school.

With support from Principal Beth Kline and parents Cindy Custer and Joanne Parrill, Sargent School also joined the bottle recycling effort.

In addition, Sargent School sponsored a shoe collection drive through its PTO Community Involvement Committee. PTO presidents Brenda Reeve and Michele Naehle, committee chairs Becky Justin and Terry Core, parent Joanne Parrill, and all of the families at Sargent collected more than 200 pairs of used athletic shoes for the NIKE Reuse-A-Shoe program. The shoes are shipped to NIKE where the components of used shoes are separated and then ground to make high-performance sports surfacing, such as that found on running tracks, playgrounds, and basketball courts. Nike also donates these surfaces to communities that may not be able to afford high-performance surfacing.

Anyone with suggestions or questions about school recycling, should contact recycle@townofnorthandover.com.



Tim Slauter, a Kittredge fifth grader, is recycling the water and milk containers for curbside pickup.



Students at Sargent Elementary School help unload used athletic shoes collected for the NIKE Reuse-A-Shoe Program. Pictured from left to right are second graders Michael Corliss, Virginia Lauzon, and Derek Naehle.

Take your time and read the signs!



Resident Steve Bullis checks out the new signage before depositing his recyclables.

The Drop-Off area at the North Andover Department of Public Works facility has recently been outfitted with new signs to help residents get recyclable goods in the correct containers—thanks to the generous donation of time, talents, and materials by resident Paul Stewart.

It is not enough just to bring recyclables to the Drop-Off. These recyclables must go into the proper containers. The recyclables are sorted by you on-site, but don't worry, it has actually gotten easier!

Now all plastics, #1 to #7, can be mixed together. We still have several compartments for plastic to accommodate the volume, but there is no longer a need to separate by number. PLEASE remember, as with the curbside collection, our recycling processor cannot accept plastic bags or Styrofoam.

For example: no Styrofoam to-go food containers, packing peanuts, or foam blocks are accepted.

All colors and types of glass can be mixed together—clear, blue, green, brown, white—all in the same container.

For metal recycling, there is one container for aluminum beverage containers, and one container for all other metal. Steel and tin cans must not be mixed with aluminum beverage cans and vice versa. Aluminum pie plates and foil go in the "mixed metal" bin—not with the aluminum beverage cans.

Please read the new signs and follow the instructions carefully. Mixing materials that don't belong together can result in entire loads being rejected by the recycler.

Take your time and read the signs! Thanks!

10 tips for summer shopping



Whether you’re getting ready for school yourself, getting someone else ready for school, or just taking care of your own end-of-summer shopping, there are ways that you can reduce your waste, improve our environment, and save money, too.

1. Before you shop, plan ahead. Evaluate what you already have on hand and make a list of what you really need.
2. Reuse. Did you know that if you washed and reused zipper plastic bags 50 times you would keep 1,500 bags from being disposed—and save at least \$150 per box of 30 bags? Look through your own closets and shelves for forgotten tote bags, backpacks, lunch boxes, and refillable containers. Need organizers? Use old shoe boxes or shipping boxes that you already have around the house. Reuse is also a lot less stressful than hitting the stores.
3. Shop reused first. Look for used items through online services such as www.freecycle.org, at garage sales, or at resale shops. You can find clothes, shoes, appliances, books, toys, games, office supplies, and household goods.
4. Select recycled-content paper. Each back-to-school season, Americans purchase about 3.4 million tons of printing and writing papers. Every ton of 100-percent, post-consumer, recycled-content paper saves 24 trees and 4,100 kilowatt hours of electricity!
5. Look for other recycled-content products, too. You should be able to find pens, pencils, scissors, rulers, file folders, binders, storage containers, and jewelry. If you don’t, tell the store manager that you want them. The store may be able to order them for you now or stock them in the future.
6. Purchase refilled or remanufactured

- ink jet cartridges for your printers. Or, buy a refilling kit and do it yourself.
7. Enjoy cool recycled accessories, such as folders made from old maps, clipboards made from old computer parts, and more. Look for these at department and specialty stores. Or, shop online.
 8. Shop for food and flowers at Farmers Markets. Not only do these markets support local farmers, they also provide fresh food without the extra transportation or excess packaging. Wouldn’t it be nice to enjoy fruits and vegetables without throwing away a lot of plastic bags and containers? For more information about Farmers Markets or to locate them here or as you travel, go to www.ams.usda.gov/farmersmarkets/.
 9. Develop your own sense of style. Surround yourself with items that you find comfortable and comforting. You’ll probably find that you are less tempted to replace what you have to buy something “trendy.”
 10. Avoid buying collectibles that are here today but “so yesterday” tomorrow. In 1999, 250 million Star Wars action figures were sold, weighing about 5,700 tons. If you aren’t a collector, stay away from unneeded souvenirs.

On Earth Day, Consumer Reports, a nationwide consumer-product testing and rating organization, launched a new website aimed at “green consumers.” The site features environmental evaluations of various products, making the point that often those products that are better for the environment will also protect public health and save money. To learn more about becoming a greener consumer, visit www.greenerchoices.org.

The Center for a New American Dream also offers advice to consumers. For more information, go to www.newdream.org. You’ll find great information under “Buy Wisely” and “Make a Difference.”

How well do you know your hauler?

During February, NBC “Today Show” co-host Matt Lauer moonlighted as one of the guys in green—a New York City Department of Sanitation crew member. After Lauer’s day-long gig, he encouraged people to practice kindness toward sanitation workers, who are doing a job that needs to be done.

Another New Yorker, anthropology professor Robin Nagle, also moonlighted for the Sanitation Department. Nagle, who teaches the course “Garbage in Gotham: The Anthropology of Trash” at New York University, wanted to find out firsthand what life is like on the streets for the city’s sanitation crews. She spent three weeks as part of a crew and chronicled her experiences in an online diary at Slate magazine (slate.msn.com/id/2106849/entry/2107445/) or go to www.slate.com and search for “Nagle”). A book-length account, *We All Wear Green: Loading Out with Sanitation Workers in New York*, will be published in 2006.

Practice kindness toward your haulers. Follow setout guidelines. Don’t zoom around slow or stopped trucks. Give them room to do their jobs. They are

doing work that we need to have done. And if you get the chance, say “thank you.”



Bag, borrow or steal



A new Internet service can deliver hip and trendy handbags to your door—and take them back when you tire of them. “Bag Borrow Or Steal” is a monthly membership service for designer handbags. You select your desired level of service, depending on which designers interest you and whether you want to borrow one or two bags at a time. Then, you select the bag you want to borrow and it is shipped to you. You use it until you are tired of it and want a new one. Then you send it back and your next choice is shipped to you. It’s a “Netflix” for handbags!

If you decide that one of your borrowed bags is a keeper, you can buy it by selecting the “Steal It” option and receiving a price quotation.

For more information, visit www.BagBorrowOrSteal.com.

QUOTES REQUOTED

I realized then and there that no matter how many worms I raised, or was responsible for other people raising, the earth could only be better off. I was going to restore and replenish rather than destroy and exploit the earth.

You, too, can vermicompost. This simple process with the funny name is a lot easier to do than you thought. After all, if worms eat my garbage, they will eat yours, too.

Mary Appelhof, the “Worm Woman”
Author of *Worms Eat My Garbage*
and champion of vermicomposting
1936 – 2005



Recycling aids tsunami recovery efforts

The tsunami that hit the Indian Ocean last winter left behind huge quantities of debris. In Banda Aceh, which is located in Indonesia and was one of the hardest hit cities, the tsunami left behind as much as 13 million cubic yards of debris, enough to fill three football fields to a height of three stories.

To deal with this debris, provide employment for those who were made jobless by the tsunami, and capture usable resources, the United Nations Development Programme announced in February that as many as 1,000 people in Banda Aceh, and eventually up to 30,000 in all tsunami-damaged areas, would be employed in waste recovery efforts.

The recovered materials will be sorted

to be sold for recycling (plastic and metal), used as compost for land regeneration (organic waste), turned into fill for eroded areas (dirt, crushed concrete, and stone), or utilized in the construction of temporary and permanent housing (bricks and wood). The initial sorting will be done by hand, pulling out the reusable and recyclable materials. After that, heavy equipment will be used to crush concrete and stone or chip wood.

In addition to providing a fair wage, vaccinations, appropriate clothing, and health and safety training, this recovery effort also allows residents to participate in a positive and constructive way in rebuilding their homes, businesses, communities, and lives.

Engineers give best grade to solid waste

Every few years, the American Society of Civil Engineers (ASCE) issues a “Report Card for America’s Infrastructure.” The 2005 report card gave America’s infrastructure an overall grade of D, but Solid Waste received a C+—the best grade given in this year’s report. In addition to solid waste, infrastructure evaluated by ASCE included transportation, water systems, energy, schools, and parks. ASCE

C+

looks at a variety of factors, including condition, capacity, funding, and outlook. Since the first report card was issued in 1988, Solid Waste has raised its grade from C- to C+, largely because the system for reducing, recycling, composting, and disposing of trash has improved, resulting in a dramatically increased national recycling rate which places less long-term demand on disposal facilities.

The Soggy Lettuce Report

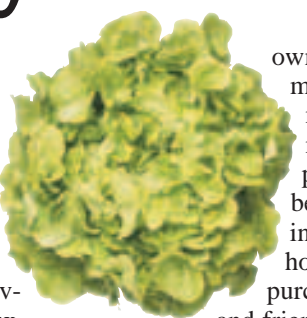
Waste professionals aren’t the only people taking a good look at trash. During April 2004, Prudential (yes...the financial services giant) interviewed more than 1,000 adults in Great Britain about their trash. What did they find? The average British adult wastes the equivalent of about \$3,150 on food, luxury items, entertainment, travel, gadgets, and hobbies. This amount would pay off the annual average credit card debt and leave money left over for investment. According to the report, “In short our wastefulness prevents us from getting ahead.”

This is not to suggest that all money spent on hobbies, travel, or other items that made the list is wasted or wasteful. Instead the survey focused on items that went unused or underused. For instance, many respondents had purchased all of the equipment to begin a hobby or exercise program and then never used any of it. Plus, they admitted to

owning unread books, unwatched movies, ordering drinks they didn’t finish at restaurants, buying new passes to venues because previously purchased ones had been left at home, and even failing to use plane tickets. A few honest souls confessed to hiding purchases from family members and friends—and never using the items at all. While many of these items were eventually donated to be used by someone else, the money spent on them had been wasted by the original buyer.

More money is wasted on food than any other category. A third of the respondents reported throwing away food regularly, including frozen foods too old to eat and restaurant leftovers taken home but not eaten. The item most likely to be discarded each week? Lettuce.

To read the full report, go to www.pru.co.uk/include/userinclude/pdf/presscenter/soggy_lettuce_report.pdf.



Princely paper for Potter

Bloomsbury, the British publisher of J.K. Rowling’s newest installment in the Harry Potter series, *Harry Potter and the Half Blood Prince*, will be printing all of the United Kingdom editions on 30-percent Forest Stewardship Council Certified Paper. This certification guarantees that paper was not made from the trees of ancient forests. Last year, Bloomsbury printed the UK paperback editions of the previous book, *Harry Potter and the Order of the Phoenix*, on 10 and 20 percent recycled-content paper.

The Canadian publisher, Raincoast Books, printed the last book on post-consumer, recycled-content, ancient forest friendly paper. The new book will be printed on the same type of paper.

Scholastic, the U.S. publisher, is also printing on paper that is free of fiber from ancient forests.



Did you know that there are 106.5 million acres of wilderness preserved in the United States? This includes 677 National Wilderness Preservation Areas in 44 states. These areas, along with our state and national parks, provide wild places where we can be reminded of our connection to the wonders of nature.

Visiting a wild place might be a good way to finish off your summer. If you go, remember to think about your energy use and transportation emissions. For instance, a car full of people gets more miles per gallon per person. If you’re traveling a long distance with a small number of people, a train or plane may be a lower-impact option. At your destination, walk, hike, and bike as much as possible.

Although the places that you’ll visit are wild, they aren’t wild about trash. Whatever you carry in with you should be placed in an appropriate recycling bin or trash can. In some locations, you’ll be asked to carry your own recyclables and waste out of the park or wilderness area. Place trash only in properly designated bins. If you don’t find recycling bins while you’re traveling, bring your recyclables home—we’d love to have them!

Learn more about wilderness areas and our national parks!

www.wilderness.net
www.wildernesswatch.org
www.nps.gov
www.leavenotrace.org

“Something will have gone out of us as a people if we ever let the remaining wilderness be destroyed.”

Wallace Stegner, 1909-1993

“A wilderness, in contrast with those areas where man and his own works dominate the landscape, is hereby recognized as an area where the earth and community of life are untrammelled by man, where man himself is a visitor who does not remain.”

Wilderness Act, 1964

Travel with reusable mugs and cups. Even if no discount is offered for the refill of your own container, you’ll still be reducing your waste. Take along a canvas bag or two to carry your purchases and say “no thanks” to plastic and paper store bags. Keep an old towel in your car or bag to clean up spills.

Don’t take papers that you don’t need or won’t read. How many times have you arrived home with a fistful of untouched brochures? Did you ever go back and read them? Take only the brochures and flyers that you will need. If you don’t want to keep them, return them to the information desk for another visitor at the end of your visit.

Remember—take only photos and leave behind only footprints.

Toward garden greatness

You can improve your gardens this summer and save yourself money! How? It's simple. Compost, and capture rainwater.

Now is a great time of year to get into the composting habit with your organic kitchen and yard waste. Pick up a compost bin and kitchen scrap bucket from DPW. When you compost your organic waste, you create a nutrient-rich soil amendment. This compost will help your soil use water more efficiently and provide much-needed nutrients.



Another way to improve your garden—at no cost—is to capture rainwater with a rain barrel. A rain barrel catches rainwater flowing off the roof of a home through a downspout that has been directed into the barrel. This water can then be used to water the lawn, garden, or plants, or to wash cars. The town was awarded a grant from the Department of Environmental Protection which allowed residents to purchase rain barrels at a discounted price. The 55-gallon, food-grade (not former chemical use) recycled barrels were ordered by residents during April and May, and distributed at the Spring Cleaning Event held on May 21.

If you missed out on this deal, and are interested in purchasing a rain barrel, we may be able to get additional barrels as long as we order a minimum of 20. Let us hear from you if you are interested—you are probably not alone! E-mail us at recycle@townofnorthandover.com.



Planning an Event on the Common? Think Trash!

By Joanne Parrill

An event on the North Andover town common usually involves a big crowd of people and refreshments; often information is distributed on paper flyers. When the fun is over and everyone goes home, what is left behind is their trash and lots of it. Much of this trash is recyclable, and, in fact, the town permit for your event actually requires that the recyclables be sorted out and recycled.

Your group can easily accomplish this recycling with some planning. First, when you are recruiting volunteers for the event, ask for or appoint a recycling coordinator. The recycling coordinator should then list all of the recyclable items that might be included in the day's trash. These items might include water bottles, soda cans, paper flyers, and paper signs.

Second, plan on having one recycling bin next to each trash can. If your event is small enough, you can have volunteers bring their own bins from home. The other option is to borrow red recycling bins from the DPW. Post signs reminding people to empty water and soda containers before dropping them in the bins. This will make it less sticky for you to sort out later.

Finally, get a few volunteers to collect and sort the recyclables, and drop them at the DPW Drop-Off Recycling Center. If transporting your sorted recyclables to the Recycling Center will be difficult for your group, you can usually make arrangements with DPW to have your recyclables picked up from the common on the next business day.

With questions, contact the DPW at 978-685-0950 or e-mail recycle@townofnorthandover.com.

Earth Day 2005



Look who came in out of the rain! Or should we say, look who came out into the rain? One hundred thirty volunteers, ranging from tots to teens to seniors, left their cozy homes on April 23 and trudged into the chilly, rain-drenched day to participate in North Andover's third annual Earth Day Cleanup.

The event, sponsored by the North Andover Solid Waste Advisory Committee (NASWAC), was declared a success by

Senior citizen Warren Kelley single-handedly pulled these bicycles out of the wetlands as he was cleaning up on Route 125 across from the high school. Thanks, Warren!

the Committee. Despite the nasty weather, volunteers gathered 30 cubic yards of litter that had accumulated along roadways and public areas. NASWAC provided gloves, plastic bags (donated by DeMoula's Market Basket and Rocky's ACE Hardware Store in North Andover) and buckets to help with the pickup. Upon request, others volunteered their trucks to transport the trash to the DPW. In honor of Earth Day, Wheelabrator graciously agreed to waive the tipping fee that day.

What a magnificent display of community-minded citizens who are clearly proud to call North Andover their home. They left an important message—"Don't Trash on Me."

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Please recycle this publication
after you have read it!

We want your suggestions,
questions and comments!

NASWAC
c/o Department of Public Works
384 Osgood Street
North Andover, MA 01845
(978) 685-0950
recycle@townofnorthandover.com
www.northandoverrecycles.com

snip & save

Answers to your FAQs

Can I recycle my pizza boxes?

No, the oil and grease on cardboard disqualify it for reuse and remanufacture.

What do I do with my burned out incandescent light bulbs?

Dispose of incandescent bulbs in the trash; they aren't recyclable.

How do I get rid of fluorescent tubes and bulbs?

Because they contain mercury, fluorescent tubes and bulbs must be kept out of the trash. You can bring them to DPW any third Saturday of the month from 9 a.m. to noon to be recycled for FREE.

What paper is not recyclable?

Any paper or cardboard that has become soiled by contact with pet waste or food waste is NOT recyclable. Soiled paper includes paper towels, tissues, pizza boxes, paper with food spilled on it, newspapers used to catch pet waste, etc. Also, tissue paper, tissues, and paper towels are NOT recyclable even if they are not soiled. These papers are "low grade" paper products and are not suitable for recycling.

Other frequently asked questions have been answered in the new section of our website, cleverly titled "Frequently Asked Questions." Are there other answers we should add to the list? Let us know by sending an e-mail to recycle@townofnorthandover.com.



See you at the Fourth of July Celebration at the Town Common on Monday, July 4th! Come visit the NASWAC table to recycle your old cell phone or used ink jet cartridges or to pick up postage-paid mailers for these items. We will have recycling bins (\$3), compost bins (\$20), and kitchen scrap buckets (\$3) for sale. We will also be exchanging mercury fever thermometers for new digital thermometers.

Artwork from this spring's poster contest will be on display, and we will have a binder with selected essays.



Enjoy nature's bounty by shopping at these local farm stands for fruits and vegetables this summer: Barker's Farm, Calzetta's Farm, Farnham's Boston Hill Farm, and Smolak's.



Grass clippings and leaves can be dropped off, at no charge, at the Cyr Recycling Center on Sharpners Pond Road on Tuesdays, Thursdays, and Saturdays from 8 a.m. to 3 p.m. Branches, limbs, and brush may also be dropped off, but a fee does apply to these items. The complete fee schedule can be found on our website.

The Town of North Andover chips this material and turns it into mulch. Residents can pick up compost when available, but mulch is not offered due to questions of its content and the possibility of infestation. Similar to compost generated in your own backyard, you will want to screen the compost prior to using it.



The Massachusetts Department of Public Health maintains a Fresh Fish Consumption Advisory database that is searchable by town or by water body at <http://db.state.ma.us/dph/fishadvisory/>.

Both Lake Cochichewick and Stevens Pond are on the list for mercury contamination found in Largemouth Bass. The two advisories associated with our two water bodies warn: "Children younger than 12 years, pregnant women, and nursing mothers should not eat any of the affected fish species from this water body," and "The general public should limit consumption of affected fish species to two meals per month."

This is why it is so important to recycle products containing mercury rather than throwing them in the trash. Such products include "mercury" thermometers and fluorescent tube lights. Keep mercury out of landfills and incinerators—AND ULTIMATELY OUT OF OUR AIR, WATER AND FOOD.



Since our last newsletter, we've added six Recycling Captains who cover another 180 homes. A BIG "thank you" to:

- Jeanne Owens: Adams Ave.
- Kathy Stevens: Academy Rd.
- Deb Lynch: Crickett Lane
- Jane Pickrell: Candlestick Rd., Sugarcane Lane, Sunset Rock Rd.
- Claire Fagan: Prescott St.
- Evelyn Greene: Granville Lane and a portion of Salem St.